

2034 NANUKU SANGAM SCHOOL
LESSON NOTES
WORKSHEET 5 - 2021

Subject: Healthy Living

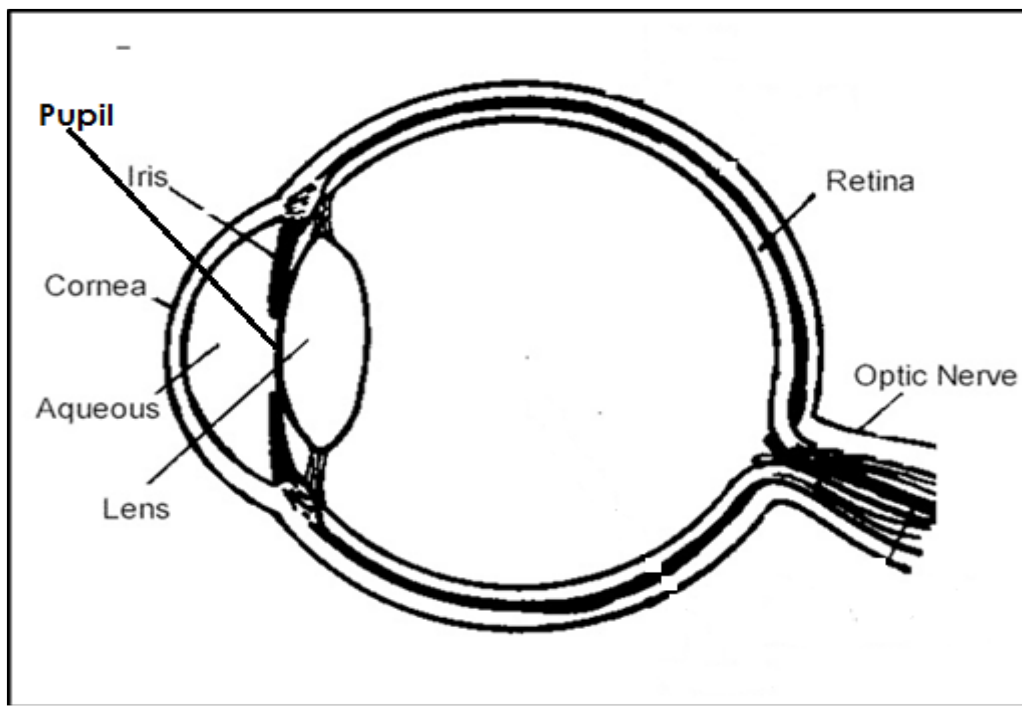
Year: 6

Name: _____

STRAND	Personal and Community Hygiene
SUB - STRAND	Personal hygiene and sanitation
CONTENT LEARNING OUTCOME	Recognize the different parts of the eyes and ears and outline ways of caring for them

Lesson Notes

Parts of an Eye



- ✓ **Cornea-** The cornea is the outer covering of the eye. This dome-shaped layer protects your eye from elements that could cause damage to the inner parts of the eye.
- ✓ **Pupil-** The pupil appears as a black dot in the middle of the eye. This black area is actually a hole that takes in light so the eye can focus on the objects in front of it.
- ✓ The **iris** is the area of the eye that contains the pigment which gives the eye its color. This area surrounds the pupil. This allows the eye to take in more or less light depending on how bright it is around you. If it is too bright, the iris will shrink the pupil so that they eye can focus more effectively.

- ✓ **Lens**- The lens sits directly behind the pupil. This is a clear layer that focuses the light the pupil takes in.
- ✓ **Retina**- The light focuses by the lens will be transmitted onto the retina.
- ✓ **Aqueous**- The aqueous is a watery substance that fills the eye that removes any buildup in the eye.
- ✓ **Optic nerve**- transmit message from eye to the brain.

Care for the eyes

1. Eat lots of fruits and veggies!

Carrots are especially helpful in maintaining healthy eyes.

2. **Avoid wearing contact lenses for more than 19 hours.** This can cause permanent sight damage as well as extreme discomfort to your eyes. Don't wear glasses too long either.

3. Use cucumber on your eyelids.

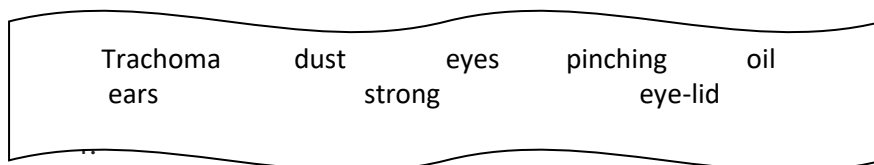
Press cold cucumber slices gently against eyelids 10 minutes before going to sleep at night to prevent puffiness.

4. **Try not to spend too much time looking at your computer screen.** The glare from the screen is said to weaken the muscles of the eye.

5. **Exercise** your eyes, and also be sure to relax them.

Activity

1. Choose a word that best completes the following sentences.



- a). Our eyes should be protected from _____ light.
- b). The _____ is the disease of the eye.
- c). The _____ protects the eye ball from injury
- d). If an insect gets into the ear, put _____.